

# IT IS ILLEGAL TO SMUGGLE FOOD OR PLANTS INTO THE UNITED KINGDOM

**You must tell a Customs Officer in the Red Channel or Red Point if you have prohibited goods.**  
**There are penalties of up to 2 years imprisonment and a fine of £5000 for smuggling these prohibited goods.**



## THE ONLY EXCEPTIONS ARE

If you enter the UK from a Member State of the European Union\*, you may bring in any food or plants which were bought in the EU, appear healthy and are intended for domestic use.

If you enter the UK from countries which are not part of the European Union\*, you may bring in...

- 1kg of cooked meat in a hermetically sealed container (for example, cans, glass jars and flexible pouches);†
- 1kg of fish;†
- 1kg of milk powder (from Argentina, Australia, Bosnia-Herzegovina, Botswana, Brazil, Canada, Chile, Croatia, Cyprus, Czech Republic, FYR Macedonia, Hungary, Iceland, Japan, Kenya, Namibia,

New Zealand, Norway, Paraguay, Poland, Romania, Slovakia, Slovenia, South Africa, Swaziland, Switzerland, USA, Uruguay and Zimbabwe);†

- 2kg of fruit and raw vegetables (but not potatoes);
- 1 bouquet of cut flowers and any parts of plants together forming a single bouquet;
- 5 retail packets of seeds (but not seeds of potatoes) of the size normally sold to amateur gardeners;

**and** if you enter from a country in Europe or bordering the Mediterranean...

- 2kg of bulbs, corms, tubers (but not potatoes) and rhizomes;
- 5 other plants (but not potatoes).

\* Austria, Belgium, Denmark, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, Netherlands, Portugal, Spain and Sweden  
† Iceland, Liechtenstein and Norway are treated as EU Member States for these commodities